



Small changes can make a big difference in the way you feel and look. You can make a BIG impact on your health by making one SMALL change and sticking with it! Don't get overwhelmed by trying too many new things at once - choose one thing to focus on like drinking water each day instead of juice and soda or exercising or taking a walk during your lunch break.

HOW IT WORKS

You'll earn 1 point for each day you practice your healthy resolution. If your total points for the month are 21 or greater, you will earn a \$20 HRA contribution!

How to track your challenge activity:

CHOOSE 1 healthy resolution to focus on during the challenge.

- ▶ Rethink your drink - choose low calorie/no calorie options
- ▶ Express gratitude - to a friend, colleague or coworker
- ▶ Sleep at least 7 hours
- ▶ Eat a nutritious meal including a fruit/veg, whole grain and lean protein
- ▶ Exercise at least 15 minutes
- ▶ Other healthy habit

CHECK the box for the day if you practice your one healthy resolution.

COMMIT to put your healthy habit into practice at least 21 days during the month!

HOW TO TRACK YOUR POINTS

- ▶ [Go to mytuftshealthplan.com](http://mytuftshealthplan.com) ▶ [Start Living a Healthy Lifestyle](#)
- ▶ [Progress](#) ▶ [Challenges](#)



You can use the paper tracking form for convenient daily tracking, but you must enter your activity and points on mytuftshealthplan.com daily or weekly to get credit - you will only get credit for points entered for the prior week (7 days) and will not be able to enter activity for days prior to that.

All points must be recorded online by February 7, 2018.

TRACK YOUR POINTS >>>



Employee Challenge



You must enter your activity and points on mytuftshealthplan.com daily or weekly to get credit - you will only get credit for points entered for the prior week (7 days).

HEALTHY RESOLUTIONS

POINT TRACKING FORM

DAILY ACTIVITY

Mark off each day you complete your healthy resolution and give yourself 1 point for each.

SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
							Weekly Points Total

If your TOTAL challenge points are 21 or greater, you will earn a \$20 HRA contribution!

Points Total for your TOTAL challenge points.

Important Note: Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all similarly situated employees, regardless of health status. If you think you might be unable to meet a health contingent standard (i.e., a program that requires an individual to satisfy a standard related to a health factor to obtain a reward or requires an individual to undertake more than a similarly situated individual to obtain the same reward) under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Furthermore, if you are disabled, we will work with you to provide a reasonable accommodation to help you meet any standards (whether health contingent or not) under this wellness program. Contact Carol Gustavson at 617.746.5830, and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.



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